

## Ohio SNAP-Ed Adult & Teen Programs

### Identifying Whole Grains with Ease

<b>Task Topic:</b>	Whole Grains
<b>Task Title:</b>	Identifying Whole Grains with Ease
<b>Teaching Message(s):</b>	<input checked="" type="checkbox"/> When consuming grain products like bread, pasta, rice, cereal, etc., choose whole grain products. <input checked="" type="checkbox"/> Use food labels to make better choices.
<b>Resources:</b>	Adapted from <i>ChooseMyPlate.gov</i> , <i>Dietary Guidelines</i> , the Whole Grain Council

#### Objectives for the Task:

1. Use the Nutrition Facts label and ingredients list to identify whole grains.
2. Differentiate among the various types of Whole Grains stamps.

#### Materials needed for the Task (including Handouts):

- Fact Sheet – 3 Steps for Picking Whole Grains
- Worksheet – Picking the True Package
- Product Card: Honey wheat bread (enlarged)
- Product Cards (printed on card stock):
  - Bran flakes cereal
  - Brown rice
  - Cheese crackers
  - Wild rice
  - Wheat crisps crackers
  - Whole wheat rotini
  - Multi-grain crackers
  - Gluten-free oatmeal
  - Elbow macaroni
  - Multi-grain tortillas

#### Food and Equipment for Demonstration and Sampling:

- [None needed for this task]

Some ingredients may not be available in your area. Feel free to make ingredient substitutions as necessary. If you decide to make a recipe substitution, please use a SNAP-Ed approved recipe from the What's Cooking? USDA Mixing Bowl website:

<http://www.whatscooking.fns.usda.gov/>

#### General Materials List:

- Flip chart paper
- Thought box
- Highlighters
- VOICE principles
- Post-it notes
- Markers
- Masking tape
- Participant evaluation forms
- Index cards
- Pens
- Name tags



THE OHIO STATE UNIVERSITY

OHIO SNAP-Ed PROGRAM

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**Preparation:**

- Print an enlarged copy of the Product Card – Honey wheat bread and hang it in front of the room.
- Set out the product cards on a table to the side of the room for the Apply activity.

**Key Points to Review:**

- Introduce yourself. Give brief description of the program (program name, length of sessions, duration of program).
- Include your purpose as the facilitator (i.e. to introduce ideas that are supported by research, to give them the tools to make informed decisions about areas that affect their health & nutritional needs, and to identify topics that might be covered based on the curricula used in the program).
- Review the V.O.I.C.E. Principles.
- Ask participants to sign in on the SNAP-Ed sign-in sheet.
- Remember to pass out the appropriate participant evaluation form at the end of the session, making sure to read the questions out loud to the participants.

**Transition:**

Last time we met, we discussed.... We also .... Who would like to share an example of ...?

Today, we will talk about how we can use a few strategies to determine if a grain product is whole grain or not. We will hone our label-reading skills to make good purchasing decisions of whole grain products at the store. We'll also learn about how to look for the Whole Grain Stamp and what information this stamp provides.

We'll begin today's lesson by doing some stress-relieving exercises. Taking 5-10 minutes to do these will not only benefit your body, but also your mind. With a relaxation technique called **Progressive muscle relaxation**, you focus on slowly tensing and then relaxing each muscle group. This helps you focus on the difference between muscle tension and relaxation. One method of progressive muscle relaxation is to start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head. You can also start with your head and neck and work down to your toes. Tense your muscles for at least 5 seconds, then relax for 30 seconds. Repeat.

*Physical activity guidelines can be found at the following websites:*

- Office of Disease Prevention and Health Promotion: [www.health.gov/paguidelines/](http://www.health.gov/paguidelines/)
- CDC: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>
- President's Council on Fitness, Sports, and Nutrition: [www.fitness.gov/being-active/physical-activity-guidelines-for-Americans/](http://www.fitness.gov/being-active/physical-activity-guidelines-for-Americans/)

**Anchor**

Direct participants' attention to the enlarged "Honey Wheat Bread" product card in the front of the room.

Imagine you are at the grocery store. You want to buy whole grain bread for your family. You



see a loaf of bread labeled “honey wheat bread.” Is this bread a whole grain product? What other information would you need to determine if it is a whole grain food?

Add

*Give each participant a copy of the Fact Sheet – 3 Steps for Picking Whole Grains.*

The *Dietary Guidelines* recommend that Americans make half their grains whole grains. MyPlate suggests that for a 2,000 calorie diet, a person should eat 6 servings of foods from the Grains group, so 3 servings should be from whole grains. A serving of whole grains is 16 grams. Thus, to meet the *Dietary Guidelines* recommendations, a person should aim for 48 grams of whole grains per day.

It can be confusing to figure out if you are eating 48 grams of whole grains each day. This is because the Nutrition Facts label does not specify the amount of carbohydrate in the food that comes from whole grains. Many foods are “made with whole grains,” which means that they do provide SOME whole grains, but not an entire serving. So how can you know how much whole grains you are getting?

There are three places to look on a food package to determine the whole grain content of the food.

- 1) **The Nutrition Facts label.** Under carbohydrates, look at the amount of Dietary Fiber. If a food does not provide more than 1 gram of dietary fiber, it’s likely not a good source of whole grains, regardless of what the front of the package might state. Note, however, that sometimes, food companies ADD back fiber to enriched grains – which means you’re not getting the full nutritional benefits of eating a whole grain food. Which brings us to the next place to look.
- 2) **The ingredients list.** The ingredients are listed in order of content. In other words, the first ingredient is found in the highest amount in the food, followed by the next one, and so on. Look for the word WHOLE before the grain’s name in the first ingredient, or ingredients like brown rice, oats, or oatmeal. This will indicate that the product at least contains whole grains, though it still may not be 100% whole grain. In order to be 100% whole grain, every grain in the ingredients needs to have the word WHOLE in front of it.
- 3) **The Whole Grain stamp.** This stamp was created by the Whole Grains Council. It is not required by the FDA to be on a food package. The stamp has 2 basic versions. One version tells you how many grams of whole grains one serving of the food provides. The other stamp tells you that a product is 100% whole grains. If the food contains the Whole Grain Stamp, you can eat 3 foods with the 100% whole grains stamp, or 6 foods with any Whole Grain Stamp. The fact sheet I passed out shows you what the different versions of the Whole Grain Stamp looks like.

Because it’s not always very clear to decipher whether a food is a whole grain or not, if you include foods that have WHOLE grains in them as often as you can, you’ll be going a long way toward getting the recommended amount of whole grains.



Apply

*Divide the participants into small groups. Ask one person from each group to choose 2 product cards depicting grain foods from the table. Give one copy of the Worksheet – Picking the True Package to each participant group.*

We are going to practice looking at different grain food products to determine if they provide a serving of whole grains. Each group has several product cards with pictures of food packages.

Begin by looking at the front of the package. In your groups, discuss any claims you notice on the front of the package. Write them down on.

Next, find the Nutrition Facts label. How much fiber does 1 serving of the food provide?

Then, look at the ingredients list. What are the first 3 ingredients in the food product?

Last, see if you can find a Whole Grain Stamp on the food product's package. If there is one, is it a basic Whole Grain Stamp, or is it a 100% Whole Grain stamp?

Based on the information on the food package, does your product provide a serving of whole grains? Is the claim on the front of the package consistent with what is actually in the food?

Away

As you go shopping this week, remember to look at the Nutrition Facts, ingredients list, and Whole Grain Stamp to ensure you are getting the best product for your money and health. Who would like to share one food they typically buy that they will check the label more closely on before purchasing this week?

**Facilitator's Notes:****Facilitator's Checklist:**

- ☐ Have I gathered all of the pertinent materials needed for the lesson?
- ☐ Did I spend the requisite amount of time covering each targeted message?
- ☐ Did I apply the principles of adult learning to my program?
- ☐ Did I create a comfortable and functional learning atmosphere?
- ☐ Did I fill out a Program Log with the necessary program information?
- ☐ Did I ensure that all participants signed the sign-in sheet?
- ☐ Did I read the survey instrument out loud to the participants?
- ☐ Did I collect all requisite survey instruments needed for today's lesson?

